



**AVOID USING BARE HANDS IN SERVING FOOD.**



**USE APPROPRAITE COOKING UTENSILS E.G. TONGS IN PICKING AND SERVING FOOD**



**AVOID BUYING MEAT FROM UNHYGIENIC BUTCHERS**



**BUY MEAT FROM HYGIENIC BUTCHERS / PLACES**



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# FOOD SAFETY CAUTIONS



*To limit microbial contamination, avoid unhealthy practices and habits at the points of food preparation and sale*



**Move head away from food when sneezing, coughing or blowing your nose.**



**Avoid talking over uncovered food.**



**Wash hands under running water with soap.**



**Buy food from vendors who are properly dressed with hair covered and in clean working gear.**



**When cooking, always taste food from palm not directly from cooking ladle or spoon.**



**Avoid unhygienic commercial grinding Or milling places**



**Avoid sharing a single bowl of water when washing hands.**